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hygienic conditions, or attempted doing more than twelve hours' work, or worked at night when alone on a case.

I presume the training of nurses has so advanced that pupil nurses who require education in personal hygiene receive it. But I can recall, during my training, nurses whose teeth were so covered with tartar that I doubt if they possessed a toothbrush, and nurses going to the bathroom barefooted, whose feet looked as though they had not recently been bathed. Is it possible that a nurse's body, enveloped in what is unclean, could carry a mind of good quality? Doesn't it seem necessary that, for the good of the profession, the probationers or pupil nurses should be taught that a daily bath and physical cleanliness are necessary for their health?

And when a nurse finishes her training, would it not be for the good of the profession to teach her, as a lesson committed to memory word for word, that if she is to do private nursing she should locate herself where she can have a warm room in winter, a daily bath in a warm bathroom, good food, and hygienic necessities when at home; and to stipulate that her room shall be cared for, that she may use her energies in mental diversion when off duty, or her time in rest.

In my observation I have also learned that many families having nurses keep uppermost in their mind the idea, "How much work can I exact from this nurse?" To offset this could a nurse be taught that the uppermost thought in *her* mind should be, "The best good of my patient." She should *know* that the physical and mental condition of her patient is what it should be; and that takes plenty of careful thought. Then, if the family be a poor one, she can attend to the sweeping and dusting of the room or make a special effort to do so. But with people of means why should the room not be cared for by the servant when the person is ill as well as when he is well? The nurse can see that the servant cares for the room as noiselessly as she. Why should the servants do any less when a nurse is in the house? Is there not sufficient for the nurse to do, if she secures "the best good of her patient" without lightening the work of the servants? The nurse's duty is distinct from anything that any one else can do. It requires discrimination and insight to know when to do such things as caring for the patient's room and when not to. To care for the room when there are servants and where the family has the idea "how much work can I extract from this nurse" is harmful to the profession.

If a nurse is conscientious in caring for her patient, it is reasonable to infer that the better care the nurse receives, and the less that is unnecessarily put upon her, the better care the patient will receive. EDITH C. HUNTINGTON.

A PRAYER FOR NURSES

DEAR EDITOR: The little prayer I send was read to my class when we graduated, and was taken from a volume called "Prayers for all Occasions." I do not know the author.

"Be gracious Lord to those who watch by the sick. Give them skill to perform their duties, sympathy to relieve the suffering, strength to bear with their infirmities, and grace to show in the blessings of Thy discipline. In darkness give them the light of Thy holy presence; in temptation, Thy guardianship; in emergencies, the assistance of Thy holy angels. When they cannot join in the public offices of the sanctuary, help them to join with all Thy

saints in the unity of the Spirit, that in the consciousness of Thine acceptance they may experience the power of Thy support, through Jesus Christ our Lord. Amen."

L. N. H.

RED CROSS NURSING AND CENTRAL DIRECTORIES

DEAR EDITOR: In your editorial in the March number on the subject of Red Cross Nursing and Central Directories, the statement is made that "Developments seem to show that Red Cross nursing service and central registries governed by nurses for nurses are inseparable."

The fact that so few central registries are in existence in the United States would seem to indicate that nurses themselves are not all of the same opinion as to the desirability of having them established. Therefore, it seems to me to be ill-advised "during this difficult period of organization" to handicap the work of building up an effective nursing service for the Red Cross by making it in any way dependent on the promotion of the central registry idea.

BEATRICE STEVENSON.

INFORMATION NEEDED

DEAR EDITOR: I am wanting information regarding a course of instruction in orthopædic nursing for graduate nurses. I should prefer a western hospital.

I thoroughly enjoy my AMERICAN JOURNAL OF NURSING, it is of assistance in many instances. Dr. Potter has my sincere thanks for her article in the March number.

A. C. B.

[Replies may be addressed to A. C. B. care the editorial office of the JOURNAL.]

PRACTICAL APPLICATION OF JOURNAL ARTICLES

DEAR EDITOR: The article on lunches some months ago was very pleasing to me, as since my marriage I have had to put up lunches for my husband. He sits all day and is under great mental strain, and it was a problem with which I felt unequal to cope, to make his luncheons dainty, nourishing, and easily digested, and still have variety.

Now comes this month's magazine with the article on "The Hygiene of Menstruation." People have accused me of wilfully abusing my health at that time because I would bathe and change clothing. It is astonishing how deep-seated that belief is, even among well-educated people; also that too much bathing is not good for the parturient woman.

Miss McIsaac's articles on "Household Hygiene" helped me convince my husband that we didn't want a great mass of decorated furniture and bric-a-brac and lace curtains to accumulate and hold dust, and that polished floors with rugs were cleaner than carpets.

Wishing you much success this coming year in every way.

J. M. H.

FORCED FEEDING OF POLITICAL PRISONERS

DEAR EDITOR: I am a subscriber to the JOURNAL, and am interested in the article of the March number on the feeding of political prisoners in England. I am an English nurse and would like to say I am not in sympathy with the prisoners when it becomes a matter of life or death.